

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (1 cup)					
Juice or Fruit or Vegetable (½ cup)					
Grains/Breads* Bread (1 slice) or Cold Cereal (¾ cup) or Hot Cereal (½ cup)					
Other foods (Do Not Count)					
PM Snack <i>Select 2 of the 4 components</i>					
1. Milk (1 cup)					
2. Meat or Meat Alternate Meat, Poultry or Fish (1 oz.) or Cheese (1 oz.) or Egg (½ large) or Peanut Butter (2 Tbsp.) or Cooked Dried Beans and Peas (¼ cup) or Yogurt (½ cup)					
3. Juice or Fruit or Vegetable (¾ cup)					
4. Grains/Breads* Bread (1 slice) or Cereal (¾ cup) or Enriched Pasta and Grains (½ cup)					
Other foods (Do Not Count)					

Note: The quantities of food specified are the minimum serving sizes for children ages 6-12.

*See "Serving Sizes for Grains/Breads in the CACFP" for specific serving sizes.